

GETTING PAST THE PAST

3 steps to letting go of financial baggage

Accept what is lost

Feel the feeling for a moment. Allow yourself to mourn that money, and all the things you could have done with it.

If you like, go on and quickly add it all up - put a dollar figure on it.

Then let it go. You didn't mean to make things harder for yourself back then - so don't make it harder on yourself now by licking those old wounds.

Remember what you gained

Looking back, what did you learn from going through that experience?

There's going to be at least one lesson you can be grateful for. Something you now know better than to repeat in the future.

Forgive yourself

Here's what I've realised: You will never be perfect with money. And that's okay. All you can do in any given moment is your best at the time.

So, forgive yourself for the past, and for what inevitably lies ahead. Life is unpredictable. There will be ups and downs. You'll make other mistakes in the future. Remember this, and be kind to yourself.